

Do you want to improve your Fitness and Health?  
 Do you want to explore your Local Countryside?  
 Would you like to join a Social Group?

Then Join

# Halesowen Ramblers



**Halesowen Ramblers** cater for all ages and walking abilities but it is fair to say that the majority of members are 50+.

We have a short walk on one Tuesday per month and Regular walks on Wednesdays and usually two different walks on Sundays throughout the year. Forthcoming walks are :-

## Walk Programme: January – February 2019

Date/ Time / Meet	Location	Miles /
Tue 1st Jan 9.30	New Year's Day short wk	4m
Wed 2nd Jan 9.15	Churchill	5m
Sun 6th Jan 9.30	Churchill	6m
Wed 9th Jan 9.15	Millions	7/8m C+
Sun 13th Jan	Xmas/New Year meal	TBA
Wed 16th Jan 9.15	Sutton Park	7m C
Sun 20th Jan 9.00	TBA	TBA
Sun 20th Jan 9.30	Lapal	6m C
Wed 23rd Jan 9.15	Bevere	7/8m
Sun 27th Jan 9.00	Lowsonford	7.5m C
Sun 27th Jan 9.30	Sarehole Mill	5m C
Wed 30th Jan 9.15	Sandwell Valley	7m C
Sun 3rd Feb 9.30	Pattingham	7m C+
Tue 5th Feb 9.30	Short Moring Walk	4m
Wed 6th Feb 9.15	Stanmore	8m C
Sun 10th Feb 9.30	Pedmore Circular	5m C
Wed 13th Feb 9.15	Clent	TBA
Sun 17th Feb 9.30	Ombersley	6m C
Wed 20th Feb 9.15	Illey	8mC
Sun 24th Feb 9.00	TBA	TBA
Sun 24th Feb 9.30	Sheldon Country Park	5m C
Wed 27th Feb 9.15	TBA	7m

To obtain more details of the above walks please text or telephone:

**07432761783**

For further details, a full programme and membership enquiries please contact us through the

**web site**

[www.halesowenramblers.co.uk](http://www.halesowenramblers.co.uk)

**or e-mail**

[halrambler@gmail.com](mailto:halrambler@gmail.com)